



Drink More Water

In order for our body to function properly we need an average of 6 - 10 cups of water daily. However; there are many factors that may influence the exact

amount of water your body requires such as: age, gender, temperature, medications, activity and humidity level. A good indicator that you are getting enough water and that you are properly hydrated is the color and frequency of urination. If it is nearly clear, you are doing a great job!

Benefits of drinking water:

- Flushes out toxins
- Maintains skins elasticity
- Cushions joints/ lubes muscles
- Prevents constipation
- Regulates body temperature
- Gives you energy
- Regulates metabolism
- Aids in digestion
- Helps prevent kidney stones
- Reduces bladder, kidney and urinary tract infections
- Aids in weight loss



Tips to increase your water intake:

- Track your daily water intake for a few days to determine how much water you are actually getting
- Carry water with you in a bottle or other container
- Add lemons or limes to your water
- Keep a glass or cup of water next to you when you are sitting down for long periods of time

Can you drink too much water?

It is rare, but you can drink too much water. Drinking too much can cause serious health conditions. If you have a history of kidney problems or other serious medical conditions check with your physician.